

# LIFESTYLES

Hawaii Marine B Section

January 9, 2004



Two pool tables, Xbox and Playstation 2 consoles, TVs and computers are available in this one room. The theater, computers, and more TVs, are located downstairs.

## Recreation Center is the ticket to great entertainment



Above — Lance Cpl. Mark A. Belliston, intelligence analyst with S-2 3rd Marine Regiment, lines up a shot during a game of pool at the new Recreation Center. Below — There is one large and two small theater rooms available for playing DVDs. Marines and Sailors can either bring their own DVDs to watch or choose from the Recreation Center's collection.



Story and photos by  
**LCpl. Michelle M. Dickson**  
*Combat Correspondent*

The new Recreation Center aboard MCB Hawaii, Kaneohe Bay, offers Marines and Sailors great entertainment and relaxation. And the best part about the whole situation? It's absolutely free.

"The Rec Center is really kind of like a home away from home for the Marines and Sailors," said Leslie Graham, coordinator for the Single Marine and Sailor Program. "It gives them a place to get away for a while and not have to worry about the everyday issues that would occur in a barracks setting."

The major difference between the Recreation Center and the enlisted club is that the center is an alcohol-free zone.

"We wanted to create a whole different atmosphere with the Rec Center, one that would allow everyone to be comfortable and not have to deal with anyone who may be under the influence of alcohol."

The center is open to enlisted members ranked E-5 and below, but is not just set for singles.

"If you're married, you are still more than welcome to the center, or even if you are not within the rank allowed in, you can be signed in by someone who is," said Graham.

Now, this doesn't mean that you may sign someone in and leave. While they're there they are your responsibility and they should be at least 18 years of age.

The entertainment and services included in the center have cost approximately \$450,000 and took approximately three months to complete.

Located inside are pool tables, computers with Internet access, Xbox and Playstation 2 systems, telephones, DVDs, personal TV set ups, and even a large screen



The new alcohol-free entertainment zone is close and absolutely free.

theater in a separate room.

Lance Cpl. Daniel L. Collier, bulk fuel specialist with CSSG-3, loves the new center because it's free and so close to the barracks.

"I used to have to walk all the way across base just to get Internet access. Now, I have that and so much more right next to me."

The center also houses a Starbucks Coffee that anyone can partake in and the cost is roughly half of what it would cost if it were purchased off base.

There are plans to set up special nights and programs at the Recreation Center in the near future. They will cover everything from pool and chess competitions, to movie and game nights.

The center is open from 10 a.m. until 10 p.m. Monday through Thursday, and is open from 10 a.m. until 2 a.m. on Friday and Saturday.

So much is offered at the new Recreation Center and all of the entertainment is free. If you're not sure what to do one evening, it's definitely worth checking out.





# MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

### JANUARY

#### 10 / Saturday

**Old School Jams** — The SNCO Club is taking you back in time with an Old School Jams party. Listen to all your favorites from the 70s, 80s and 90s.

Free for members, \$3 for non-members.

#### 14 / Wednesday

**SNCO Bosses’ Night** — Bring the boss to the Rocker Room for a beverage and pupus from 5 – 7 p.m.

#### 16 / Friday

**Kahuna’s Latin Night** — Live La Vida Loca at Kahuna’s with a live performance by El

Conjunto Tropical and dancing. The club opens at 4:30 p.m. and entertainment starts at 10 p.m. For more info, call 254-7661.

#### 20 / Tuesday

**L.I.N.K.S Session** — Learn to manage the demands of Marine Corps life; learn about local MCB Hawaii services, enjoy great food; while networking with other spouses. The session runs through the Thursday from 9 a.m. to 12:30 p.m. Free on-site childcare is provided. Call Shawna Wentlandt at 257-2368 for more information.

#### 22 / Thursday

**Back In The Saddle** — The holidays are over and it’s time to get back to the grind. Take a break and head to the Officers’ Club to relax with live entertainment and free pupus at 4:30 p.m. For more information, call 254-7650.

#### 24/ Saturday

**Hypnosis Show** — Live Hypnosis Show with Casey St. Jones in Kahuna’s Ballroom at 10:00 p.m. Open to all ranks. For more information, call 254-7660.

#### 31 / Saturday

**KOSC Art Auction** — All hands are invited to the Kaneohe Officers’ Spouse Club Art Auction from 6 – 10 p.m. Tickets are \$9 in advance and \$12 at the door. Artwork is provided by Pictures Plus and proceeds go toward KOSC scholarships and charities. Call 234-5662 or see your KOSC unit representative.

**Pro Bowl Tickets** — Pro Bowl tickets are still available at the Information Tickets and Tours location at Mokapu Mall. Get choice sideline seats for \$87.50. Make a pass by I.T.T. for more information or call 254-7563 while supplies last.

**Staff NCO Restaurant** — Make it your 19th hole. After a challenging game, head to the Club for a refreshing beverage and a delicious meal. The Staff NCO restaurant is open to all hands for lunch Monday through Friday from 11:00 a.m. – 1:00 p.m.

**Embroidery Services** — Personalize that special gift at Taylour Made Embroidery located in Mokapu Mall. Purchase any item from the Main Exchange and have it personalized by the professionals. They’re open Monday – Saturday from 10 a.m. – 6 p.m., and Sunday 11 a.m. – 4 p.m.

**Joint Education Center** — The Defense Commissary Agency’s scholarship program awards \$1500 in scholarships to children of military parents. Applications are being accepted now and are available online at [www.militaryscholar.org](http://www.militaryscholar.org) or at any commissary worldwide. The deadline for submission is Feb. 18.

**ASYMCA Playmornings** — Parents, day care providers and children under five years are invited to ASYMCA Playmornings, Monday – Friday from 9 – 11 a.m.

The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blos-

som, confidence is created and fun is mandatory. For more information, call 254-4719.

**Auto Skills Center Car Auction** – Sealed bids are still being accepted for the below vehicles.

Year	Make	Model	Min Bid
’89	Nissan	Sentra	\$450
Condition:	Running		
’93	Ford	Probe	\$550
Condition:	Running, body work		
’88	Acura	Legend	\$1000
Condition:	Running, body work		
’91	Ford	Escort	\$500
Condition:	Running, body work		

**Camp Smith Sunset Lanai** — Get the gang together and relax at the Camp Smith Sunset Lanai. After a hectic day, enjoy panoramic views of the Leeward Coast, free pool and darts and free pupus. The Club is open to all ranks Monday, Wednesday and Friday at 4 p.m.

**Staff NCO Club Sunday Breakfast** — Let someone else do the cooking this weekend and head to the Staff Club for their breakfast buffet served from 9 a.m. – 1 p.m. Enjoy the ever popular S.O.S., a made-to-order omelet station and a continental buffet with all the goodies. Cost is \$11.95 for members and \$5.95 for children. For more information or for reservations, call 254-5481.

**MCCS Leisure Travel** — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your next trip. Located in Mokapu Mall, Leisure Travel can arrange mainland flights, interisland packages and most recently,

Norwegian Cruises. Leisure travel is open Monday – Friday from 10 a.m. – 6 p.m. For more information, call 254-7413.

**Need a New Do?** — MCB Hawaii has three conveniently located barber shops and a beauty salon. The Mokapu Mall Barber is in the mall next to the Main Exchange. Located right next door is a full service beauty shop. If you find the lines a bit long, head over to the Base Theater courtyard, Bldg. 244 to a smaller yet equally talented barber. For those of you that work closer to the flightline, a shop is located in Bldg. 301. For more info, call 254-6588.

**Joint Education Center** — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the “College 101” workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220. Civilians are welcome.

**Looking for a Job?** — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in building #219 to get a job or career that suits your skills, schedule and style. Call 254-7619 or visit [www.mccshawaii.com/jobs\\_listings.html](http://www.mccshawaii.com/jobs_listings.html) and find the position that’s perfect for you.

## SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more info.

#### SM&SP Online

Get more on SM&SP at [www.MCCSHawaii.com](http://www.MCCSHawaii.com) under the “Semper Fitness” icon.

#### SM&SP has relocated!

The new office is inside the Kahuna’s Recreation Center, recently opened in the Enlisted Club facility. Come by and check out the activities and events available to all active duty Marines and Sailors aboard MCB Hawaii and Camp Smith.

#### Upcoming Events

- Feb. 8: Pro Bowl tailgate party.
- Join the SM&SP for some all-star football fun. Pro Bowl tailgate tickets are \$40 each and include food, transportation and admission to the game. This all-day event begins at 7:30 a.m. and lasts until 4:30 p.m. There are only 50 tickets, so call today to reserve yours! Active duty only; single and E5 and below are first priority. Call 254-7593.
- Feb. 14 – 16: Kauai holiday weekend excursion.
- March 12 – 15: Las Vegas weekend excursion.

#### Inflatable Game Rentals Available

Sumo Suits, Gladiator Joust, Big Bouncy Boxing Ring are available for your unit functions on MCB Hawaii for \$100 per game.

#### Volunteer Opportunities

- Feb. 5 – 8: At the Pro Bowl’s halftime show.

## Auto Skills Center implements changes

### Karen Balabis

Environmental Protection Specialist,  
Environmental Compliance and Protection  
Department

As of Jan. 2, all Auto Skills Center customers must use Oil Eater boxes when changing oil in their vehicles.

Customers must estimate the amount of used oil that will be drained from their vehicles and use the appropriate number of Oil Eater boxes.

Customers can bring their own Oil Eater boxes or purchase them from the Auto Skills Center.

Each Oil Eater box will absorb up to five quarts of oil. Customers must use two Oil Eater boxes for larger vehicles that may hold more than five quarts of oil.

The benefits of Oil Eater boxes include: 1) Oil Eater boxes minimize spill potential associated with storing used oil in a tank. 2) Oil Eater boxes can be burned at H-Power for energy recovery. 3) Auto Skills Center employees will spend less time processing waste.

Also, all Auto Skills Center customers must read and sign a Stall Rental Agreement acknowledging that customers are aware of the Center’s waste disposal procedures.



LCpl. Michelle M. Dickson

**Lt. Brian W. Wick, P3 Orion pilot for VP-4 Skinny Dragons, drains oil from a Cherokee 4x4 at the Auto Skills Center.**

The agreement reminds customers that they should never mix wastes together, to let liquid wastes drain onto the stall floors or use chlorinated solvents, that Oil Eater boxes must be used, and that all spills must be quickly and thoroughly cleaned.

These changes are being made because

those at the Center strive to be good environmental stewards. They have always complied with federal and state laws and Marine Corps Orders, but they want to go one step further and implement environmentally friendly, cost saving initiatives.

Their goals are to minimize waste to the maximum extent possible, recycle whenever they can, and properly dispose of any waste that cannot be avoided or recycled.

The Auto Skills Center and the MCBH Environmental Compliance and Protection Department would like to remind everyone that there are only two places on base where you can change the oil in your POV: 1) Auto Skills Center — Do-it-yourself. 2) Firestone — Pay them to do it for you.

As stated in the Family Housing Resident Handbook, changing oil is prohibited in housing areas. Also, Base Order 911000.2A strictly forbids residents from changing their oil at unaccompanied personnel housing areas.

Because of these rules, the Auto Skills Center will not take used oil or Oil Eater boxes from anyone except for their customers who change their oil in one of their stalls.

For more information, call Carl Cabrera at the Auto Skills Center at 257-7675 or Karen Balabis at 257-6920 ext. 239.

## MOVIE TIME

*Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.*

*Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

Looney Tunes: Back in Action (PG)	Today at 7:15 p.m.
Scary Movie 3 (PG 13)	Today at 9:45 p.m.
The Haunted Mansion (PG)	Saturday at 7:15 p.m.
Love Actually (R)	Saturday at 9:45 p.m.
Looney Tunes: Back in Action (PG)	Sunday at 3:30 p.m.
The Cat in the Hat (PG)	Sunday at 7:15 p.m.
Timeline (PG 13)	Wednesday at 7:15 p.m.
The Haunted Mansion (PG)	Thursday at 7:15 p.m.
Gothika (R)	Jan. 16 at 7:15 p.m.
Timeline (PG 13)	Jan. 16 at 9:45 p.m.



# Jimmy Buffett to salute Hawaii’s Armed Forces

*Buffett’s concert will call attention to military personnel and their families*

**Steven Kalnasy**

*Special to Hawaii Marine*

Legendary entertainer Jimmy Buffett, and local promoter Tom Moffatt will pay tribute to Hawaii’s military personnel during Buffett’s concert at the Waikiki Shell, Jan. 28.

When Moffatt heard about the free concert given by Buffett for the military at Guantanamo Bay, Cuba in December of 2002, he suggested doing something to recognize Hawaii’s troops. “We want to invite a couple of service members from each service to the concert and have Jimmy recognize them during the show. The theme of the concert will be “Jimmy Buffett salutes the Armed Forces,” said



Steve Kalnasy

Tom Moffatt, holding a photo of Buffett’s last visit to Hawaii, reminisces about Buffett’s last concert in Hawaii.

Moffatt.

During the Guantanamo Bay show, Buffett and Coral Reefer Band percussionist Ralph McDonald played a special unplugged gig for more than 1000 military personnel at the

base. Wanting to show his support for the sacrifices being made by America’s fighting men and women, Buffett said the free concert was “... A way to return a favor and to show his appreciation to the military

for defending the United States and its ideals.”

The show at Guantanamo Bay made a huge impact on the troops assigned to the base, and also touched Buffett and McDonald personally. “I was never in the military, but my brother was a Marine,” said McDonald. “When we went down there, it was great to hang out with the Devil Dogs. After seeing what they go through every day, I have a newfound respect for what they do. I was real happy that Jimmy and I got to go and do that for the soldiers who give up so much of their lives, their time and their families for us.”

Last year Moffatt helped Buffett fulfill a long time dream of playing on the beach in Waikiki when Buffett gave an impromptu performance at Duke’s Bar & Grill. Buffett even managed to pair up with legendary Hawaiian crooner Don Ho for a duet of Ho’s trademark song “Tiny Bubbles.” The show

was a huge hit.

“After the success of that event, Jimmy and I began working on this show. Jimmy loves coming here and wanted to do a big concert for his Hawaii fans,” added Moffatt.

A long time supporter of America’s military himself, Moffatt has worked closely with the Marine Corps Reserve’s Toys for Tots charity during numerous shows he’s produced. “You’ve got to support the troops,” he said. “Anything I can do to build their morale is small compared with what they do for us.”

After receiving a framed American flag that was flown over the gate separating the U.S. base at Guantanamo Bay and Communist Cuba from Joint Task Force Guantanamo Bay commander Maj. Gen. Geoffrey Miller, Buffett said he wanted to show his appreciation for a job well done. “I love my fans and I don’t mind paying them back.”

## WORD TO PASS

### “World of Puppets” Return to Kennedy Theatre

The University of Hawaii at Manoa presents “Jim Gamble and his Puppets: The Wonderful World of Puppets” for one show Saturday at 7 p.m.

Master puppeteer Gamble’s unique style and imaginative marionettes create fun and mischief as they interact with the audience and “magically” transform into other characters. Perfect for families with children ages three and up.

Tickets are \$10 regular, \$9 seniors, military, \$7 non-UHM students & children, \$3 UHM students w/validated UHM photo ID and may be purchased at the box office or charged-by-phone at 956-7655 (v/t).

For more information, call the box office at 956-7655 (v/t).

### FBI Seeks Agents

If you’re interested in a career with the FBI, attend the FBI career seminar, Tuesday from 1 – 2 p.m. at the Hickam Family Support Center in Bldg. 1105.

Entry-level salary is \$45,060 (GS 10). Call 449-0300 for more information about the seminar or call Kal Wong at 566-4488 for information on future seminars.

### Chiropractor Offers Wellness Workshop

Dr. Chip Abbadessa will lead a number of free workshops geared to teach you how to reach your optimal health naturally every Tuesday from 6:15 – 6:45 p.m. in room 420 of the Castle Professional Center in

Kaneohe.

The Castle Professional Center is located at 46-001 Kamehameha Hwy. For more information, call Nadine Almeida at 234-5535.

### Kennedy Theatre to Present “Ghost Sonata”

Kennedy Theatre brings the stylizations of Japanese theatre to explore the darker side of beauty and peak behind the masks people wear in this classic August Strindberg play.

Tickets are \$10 regular, \$9 seniors, military, \$7 non-UHM students & children, \$3 UHM students w/validated UHM photo ID and may be purchased at the box office or charged-by-phone at 956-7655 (v/t).

For more information, call the box office at 956-7655 (v/t).

### Bishop Museum Focuses on Photographic Exhibits

A stunning photographic collection of Hawaii’s native species from acclaimed wildlife photographers David Littschwager and Susan Middleton will be on display Jan. 17 through Apr. 11 in Bishop Museum’s Hall of Discovery.

The exhibit documents some of Hawaii’s vibrant wildlife and calls to attention their possible extinction in hopes that a solution can be found to prevent it.

The Bishop Museum is located at 1525 Bernice St., and admission is \$14.95 for adults, \$11.95 for youth 4 – 12, and free for kids under 4. Military dis-

counts are also available.

### GSA to Close for Inventory

The GSA Global Supply Center at Hickam Air Force Base will be closed Jan. 26-30 for inventory. The Schofield Barracks store will be closed Feb. 2-6.

For more information, call Teresa Demello at 448-8937 or Mike Martin at 655-0280.

### Commissaries to Award Scholarships

Children of active duty, reserve/guard or retired military personnel may apply for the “Defense Commissary Agency/Fisher House Foundation Scholars” scholarship through Feb. 18. Applications can be downloaded at [www.militaryscholar.org](http://www.militaryscholar.org) and need to be turned into a commissary customer service/cashier’s office by Feb. 18. Mailed applications that are not delivered to the store by the deadline date is not acceptable regardless of the postmark date. The results will be posted at the scholarship Web site on or about May 3.

Questions should be directed to scholarship managers at 856-573-9400 or e-mailed to [scholarshipmanagers@militaryscholar.org](mailto:scholarshipmanagers@militaryscholar.org).

The scholarship program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

### FRA Kicks Off

#### 2004 Scholarship Program

The Fleet Reserve Association (FRA) is accepting applications for its 2004 scholarship program. Applications for the 12 scholarships to be awarded must be postmarked no later than Apr. 15.

FRA members in good standing and their dependents are eligible and will automatically be considered provided that the applicant meets the eligibility requirements and the application has been completed correctly.

The program is competitive and selection is based on financial need, academic standing, character, and leadership qualities. Preference is given to dependents of FRA members.

Applications can be requested by calling 1-800-626-9071 or 1-800-FRA-1924 or downloaded from FRA’s FAQ section of their Web site at [www.fra.org](http://www.fra.org). It is important to use a FRA application with a revision date of 10/01 or later. All prior applications are obsolete and will eliminate the applicant from consideration.

### Waikiki Aquarium Seeks Volunteers

The Waikiki Aquarium is looking for volunteers for its “Edge of the Reef” interactive program profiling habitats found along the Hawaiian shoreline.

After receiving extensive, hands-on training and continuing education about Hawaiian

marine life, volunteers will work two-hour shifts to help visitors learn about rare species and the ocean ecosystem in Hawaii, and how to conserve today’s marine life for tomorrow’s generations. Volunteers must be 18 years or older and willing to make a six-month commitment.

The aquarium has planned special activities to celebrate its 100th anniversary so volunteering in 2004 will be especially rewarding. Volunteer benefits include complimentary Friends of the Waikiki Aquarium membership and free admission, gift shop and program discounts, a quarterly newsletter, and special event notices.

For more info or to volunteer, call Volunteer Coordinator Joan Kafenzis at 440-9020 or Education Program Assistant Dean Spencer at 440-9009.

### Reunion for Mustang Association Scheduled

The Marine Corps Mustang Association will hold its annual reunion Sept. 13-17 at the Day’s Inn at the Falls, 443 Main St., Niagara Falls, NY.

Membership is open to present, retired and former Marine officers, warrant and commissioned, who after serving on active duty in the USMC or USMCR, in an enlisted status, earned appointment to officer status in the USMC or USMCR.

For more information, call Bill Max at 800-321-8762 or e-mail him at [topmustang@aol.com](mailto:topmustang@aol.com).



# Sampling a culinary education

A meal that makes me want to go back to school. That’s the best way to describe this week’s Island Flavors.

On a recent visit to the campus of Kapiolani Community College, next to Diamond Head, I discovered a treasure of a dining experience.

The Ka Ikena dining room — operated completely by culinary arts students under the watchful eyes of instructors — boasts an excellent fine dining experience that could put some of the other area restaurants I’ve tried out of business. Best of all, since it is all being done for the sake of education, it is very affordable.

The meal selection process is simple. Patrons begin by choosing an entrée off the menu. At lunch, that selection will include a soup or salad, dessert, beverage and usually runs between \$14 and \$16. At dinner, it includes an appetizer, soup or salad, dessert, beverage and usually runs between \$22 and \$37.

Since the waiters are also students, there is no tipping, except for a donation box outside the dining room, which goes to help with restaurant expenses.

One big plus for the diner is the fact that since every entrée is being graded and every server being watched closely, the details of the flavors and food arrangements are exquisite and the service, impeccable. While they are still learning some basics of the business, I don’t think I’ve observed such a polite wait staff in some time. Our server Lance



Roast Carved Rack of Lamb

was both courteous and very informative about the menu.

Another plus of Ka`Ikena is that the menu is constantly changing as the classes and students change. This means there is always something new and exciting to check out on the menu.

At a recent lunch, after searching the student lot for parking, my wife and I made our way into the Ka`Ikena dining room where the host quickly seated us beside the window — which, I might add, presents an extraordinary view overlooking the ocean, similar to that found on Diamond Head.

After discussing the menu in depth with Lance, we finally selected our dishes.

My wife began with a duck confit, watercress and pear salad coated with an orange vinaigrette, which she really enjoyed. I elected to try a traditional

**Ka ‘Ikena  
‘Ohelo Building  
Kapiolani Community  
College  
734-9499**

Vichyssoise, or chilled potato soup, which was very refreshing after coming in out of a hot, sunny day.

Moving on to the entrées, I chose an appetizing roast carved rack of lamb in a Cumberland Sauce, made with red currants, citrus fruits and red wine, and served with Boulangere-style potatoes and a vegetable ensemble. The lamb came with an interesting fruit chutney on the side that skillfully mixed sweet and spicy, perfectly accompanying the meat’s flavor.

Though I enjoyed the lamb, my wife picked the winner of the day — a Napoleon-style pastry filled shrimp and scallops, covered in an unbelievable lobster ‘bisque-style’ sauce with sun-dried tomatoes. It was served with Lyonnaise-style potatoes and vegetables.

A few of the enticing entrées I saw on previous menus were “Fisherman’s Stew” made with fish, shrimp, lobster, clams and scallops, braised in a saffron broth, and served with fennel red potatoes and hot rouille (a spicy Provençal sauce). There was also a Beef Wellington with truffle sauce, Gratin Dauphinoise (a variation of potato gratin) and vegetables.

Finally, after seeing the dessert cart pass us by one too many times, I decided to conclude my meal with a traditional style Crème Brûlée and coffee. My wife chose the extravagant flaming Bananas Foster, which is prepared and flambéed at a cart next to your table.

All of the desserts, which range from apple tarts to cappuccino cheesecake, are created by the college’s pastry arts class, which also runs a little bakeshop neighboring the dining room.

Overall it was definitely not bad for a full fine dining experience that cost only around \$30 for both of us.

While I have yet to enjoy dinner there, something I soon plan to remedy, I did observe and jot down a few items of previous dinner menus.

Some of the evening’s entrées that caught my eye were the Panaeng shrimp curry — large shrimp, wok seared with bell peppers, onions, leeks, basil, lemon grass, and kaffir lime leaves — in a classic Thai curry sauce and the “Batayaki” kobe beef — a grilled kobe rib eye, brushed with a soy butter sauce, served with wasabi mashed potato and vegetables.

But like everything good in life, there is one major dilemma: Ka`Ikena is not open every day.

Since it is actually more or less a working classroom, it is only open when the students reach a certain point in their curriculum. This means the restaurant is open for a only few weeks at a time, and then closed for a few. To find out when it is open or to make reservations, visit their website at food.kcc.hawaii.edu or call 734-9499.

Overall, I find Kapiolani Community College’s Ka`Ikena dining room well worth the drive and definitely a place I plan on returning to in the near future.

## ON THE MENU AT ANDERSON HALL

**Today  
Lunch**  
Seafood Platter  
Fried Fish Nuggets  
Fried Shrimp  
Fried Scallops  
Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni and Cheese  
Chewy Nut Bar  
Yellow Layer Cake  
w/ Cream Frosting  
Asst. Fruit Pies

**Dinner**  
Roast Pork Loin  
Barbecued Chicken  
Mashed Potatoes  
Steamed Rice

Chewy Nut Bar  
Yellow Layer Cake  
w/ Cream Frosting  
Asst. Fruit Pies

**Specialty Bar**  
Pasta Bar

**Saturday  
Brunch/Dinner**  
Rock Cornish Hens  
Grilled Strip Loin Steak  
Rice Pilaf  
Mashed Potatoes  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Sunday  
Brunch/Dinner**  
Yankee Pot Roast  
Baked Ham  
Mashed Potatoes  
Candied Sweet Potatoes  
Chocolate Layer Cake  
w/ Chocolate Frosting  
Asst. Fruit Pies

**Monday  
Lunch**  
Meatloaf  
Creole Pork Chops  
Mashed Potatoes  
Pork Fried Rice  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Dinner**  
Baked Turkey and  
Noodles  
Baked Fresh Fish  
Rice Pilaf  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

**Specialty Bar**  
Pasta Bar

**Tuesday  
Lunch**  
Beef Sukiyaki  
Pork Chop Suey  
Egg Foo Young  
Chinese Fried Egg Roll  
Steamed Rice

Pork Fried Rice  
Chocolate Pudding  
Asst. Fruit Pies

**Dinner**  
Creole Macaroni  
Baked Fish Fillet  
Mashed Potatoes  
Noodles Jefferson  
Chocolate Pudding  
Asst. Fruit Pies

**Specialty Bar**  
Taco Bar



**Wednesday  
Lunch**  
Bar-B-Que Spareribs  
Country Style Steak  
Steamed Rice  
Mashed Potatoes  
Oatmeal Cookies  
Asst. Fruit Pies

**Dinner**  
Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes  
Brownies  
Asst. Fruit Pies

**Specialty Bar**  
Hot Dog Bar

**Thursday  
Lunch**  
Baked Lasagna  
Chicken Parmesan  
Asst Pizza Slice  
Garlic Toast  
Brownies  
Asst. Fruit Pies

**Dinner**  
Chicken Vega  
Simmered Corned Beef  
Parsley Buttered Potatoes  
Steamed Rice  
Apple Pie  
Oatmeal Cookies  
Asst. Fruit Pies

**Specialty Bar**  
Taco Bar

“ quotable ”

To hold a pen is to be at war.

— Voltaire

# Chef of the Year serves up competition

**Lance Cpl. Megan Stiner**  
*Combat Correspondent*

Cooking meals since he was 9 years old paid off for one contestant at the Chef of the Year cook-off on Dec. 19.

The anticipation was intense for the four contestants who waited with bated breath as their meals were tasted and analyzed until Sgt. Maj. Anthony Franks announced Sgt. William K. Black III, 2nd Battalion, 3rd Marine Regiment, as this year’s winner.

“It was a goal. I didn’t know I could come this far,” Black said.

Celebrating with him in his victory was his wife of four years, Sgt. Pettal Black. Also a cook in the Marine Corps, they met at school at Ft. Lee, Va. in 1998 and are now both stationed here.

The new Chef of the Year has been cooking for the Marine Corps for six years. He joined the service for the challenge and to use his G.I. Bill for college someday, knowing the whole time that all he wanted to do was cook.

As a child growing up in Chicago,



Lance Cpl. Gavin W. Powers

**Sergeant William K. Black (center with trophy), a longtime chef, achieved a personal goal when he won the Chef of the Year competition in December.**

he used to watch his mother cook and was soon making meals on his own. The first dish he successfully made himself was scrambled eggs with cheese.

He has come a long way since then. The meal he created for the competition included, curried chicken, cook-up rice, fried plantains, Caribbean soup, coconut rum cake and pineapple round cake.

“A lot of people make the same dishes,” said Black. “I like to make something different.”

Black was also the Chef of the Quarter for the third quarter of last year. He plans on continuing his career in the Marine Corps until it’s no longer fun. Then, he wants to pursue culinary arts as a civilian.

He is interested in returning home to attend Chicago’s largest culinary school, The Cooking and Hospitality Institute of Chicago, or possibly venturing to Northern Miami’s Johnson and Wales University in Florida.

For now, Black is content with his achievements. “I think I am done with competition,” said Black. “I’ve gone about as far as I can go right now.”



# Simplicity is key to managing finances

**NAPS**  
*Featurettes*

Simplicity is key to developing a successful financial portfolio. According to Rande Speigelman of the Schwab Center for Investment Research, consumers should focus on the KISS principle — Keep It Simple, Sweetheart. Simplifying finances can save more than time and hassle. It can also save money.

Below are five steps to simplify your finances.

**Consolidate Accounts**  
Too many accounts scattered among banks and brokerage houses creates problems: It's harder to track investments and you may be paying more in fees. Consolidating investment accounts — even banking services — with a single provider makes managing financial affairs far easier. In addition,

you will be more likely to meet minimum balance requirements and pay less in fees.

**Cut Down on Credit Cards**  
If you have more than one or two major credit cards, in addition to numerous department store and/or gas station cards, you probably have too many. Even if you don't use them all, a large number of cards can hurt your credit rating because lenders may be wary of all that available credit. If you do use more than one or two cards, you could end up making a handful of minimum payments each month, burying yourself in interest payments.

**Mutual Funds: Enough is Enough**  
Too many funds, particularly in a single asset class style such as large-cap growth, could turn



Many people love the idea of consolidating their finances.

you into a “closet indexer.” You end up paying higher fees for active management when, if you put your mutual funds all together, you'd get pretty much the same thing if you bought an index fund. Even worse, all those different managers could

be buying the same stocks, increasing your risk and exposure. By consolidating your portfolio into fewer funds, you could find your portfolio is both easier to track and less costly.

**IRAs: All for One and One for All**  
There may be estate planning reasons to hold more than one IRA but for most of us, one traditional IRA, one Roth IRA and one employer plan such as a 401(k) should do the trick. If you have more than one traditional IRA, consider consolidating them into a single account. And if you have 401(k) assets with a former employer, consider rolling them over into your traditional IRA. You'll find it easier to keep track of your investments and you might even end up paying less in fees

overall.  
**Filter the Noise**  
With newspapers, magazines, radio, television and the Internet, we have access to more financial news and information than previous generations could ever have imagined. Unfortunately, access to lots of information doesn't always lead to wise decision-making. Financial goals should be measured in years and decades, so don't make rash decisions based on day-to-day news. Tune out the clatter and stay on course with long-term goals.  
For additional tips on how to simplify your finances, visit [www.schwab.com](http://www.schwab.com)

Prospectuses containing more complete information, including management fees, charges and expenses, are available from Schwab. Read the prospectus carefully before investing or sending money.

## MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

**Vehicles**  
**1990 Acura Integra LS Hatchback**, in good condition with 98,000 mile, 2D, black exterior, tan interior, 4-cyl. engine, 1.8 liter, 5 speed manual transmission, front wheel drive, A/C, P/S, P/W, cruise control, CD, AM/FM, moon roof. Single owner. Asking \$3,175 OBO. Call 227-0342.  
**2002 Mazda MPV LX**, sporty family van with 11,000 miles and in excellent condition. Asking \$19,500 OBO. Call Alex at 257-8833 or 254-4724.

**1971 Classic MBG-GT**, limited edition, restored, w/hard top. Asking \$6900. Call 262-8789.  
**1993 Nissan 4x4 SE**, only 58,000 miles, frigid A/C, straight, loaded. Leaving soon, must see. Asking \$6,000 OBO. Call 741-7795.

**Wanted**  
**Roommate wanted**, \$625/mo. and half electric, about \$50/mo. Apartment located near Windward Mall. Smokers welcome. Call 230-3825 to leave message.

**Bicycle/Moped**  
**Quintana Roo Kilo**, asking \$500. Trek 1000, asking \$400. Both 52 cm., in good condition. Call 780-7288 for details.

**Appliances**  
**Whirlpool range**, electric. Asking \$200. Call 262-8789 for more information.

**Miscellaneous**  
**Nagano guitar**, student/beginner size in good condition. Asking \$60. Call 262-8789.

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*Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.*  
*Call 257-8836 or 257-8837 for more information.*